

Tempó:kw - Time to Smoke Chehalis Spring Salmon








It's Fall in the Fraser Valley. Nighttime comes earlier than it did in the summer and rainwater replenishes our rivers, lakes, and streams. The rivers get stronger this time of year and the salmon begin swimming upriver.

In Stó:lō Territory, this is the start of the Stó:lō New Year. **Tempó:kw'** means "time for Chehalis Spring Salmon"; "tem" means time or season and po:kw' means Chehalis River spring salmon. This type of salmon begins to run about October and is smoke dried in smokehouses during this month.



Try getting outside to the forest for a walk or use the code to watch a video. While you are outside or watching the video use your imagination and senses to do some of these activities:

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|  Listen | Can you hear the water in the river? What else do you hear? Maybe a seagull or an eagle? |
|  Smell | Can you smell the forest? What does it smell like? What else do you smell? Maybe you smell the freshness of a cedar tree? |
|  Look | Can you see the salmon jumping? What else do you see? Maybe a fisherman waiting for a salmon to bite? |
|  Touch | What can you touch? How do the leaves feel in your hands? Do they feel different than leaves in the springtime? What else can you touch? How does it feel? |
|  Taste | What can you taste? Here in Stó:lō territory at this time of year smoked salmon is being prepared. What kind of foods are being prepared with your family this time of year? |

During **Tempó:kw** Stó:lō families will also start going to the longhouse for winter gatherings and ceremonies. Our Elders tell us that smoked salmon is good food for gatherings because it will feed lots of people. Aunties, uncles, cousins, sisters, brothers, grandmas, grandpas and moms & dads and friends all join in the important work at the longhouse, so the food needs to be good! What do you do with your family this time of year?



Fire provides energy, it keeps us warm and helps cook the food. Our Elders tell us when we smoke salmon, we need to keep watch over the fire and keep it going because a **smoldering** fire is a good form of energy for smoking salmon.



- What does **smoldering** mean?
- Why do you think a **smoldering** fire is a good form of energy for smoking salmon?

During **Tempó:kw** there is a lot for our senses to take in: the smell of fall, the taste of good food, the sound of our friends and families voices and more! These gifts are good energy! They help keep us going and make us feel good on the inside, just like a smoldering fire makes smoked salmon taste so good.



- What is good energy for you?
- What makes you feel good on the inside?
- How do you keep your inner fire going?

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